



Growing healthy families with WIC

The WIC program helps pregnant women, mothers, infants, and young children eat well, be active, and stay healthy.

WIC offers families:

- **Nutrition and health education**
 - Prenatal and postpartum nutrition
 - Breastfeeding
 - Feeding your child
- **Education and support for breastfeeding moms and babies**
 - One-on-one support from a peer counselor or lactation specialist
 - Breast pumps for those who qualify
- **Help finding healthcare and other community services**

Women, Infants and Children (WIC)

For appointments, call:
(847) 377-8420

Belvidere Medical Building

2400 Belvidere Road
Waukegan, IL 60085

Midlakes Health Center

224 W. Clarendon Road
Round Lake Beach, IL 60073

North Chicago Health Center

2215 14th Street
North Chicago, IL 60064

North Shore Health Center

1840 Green Bay Road
Highland Park, IL 60035

Zion Health Center

1911 27th Street
Zion, IL 60099

This institution is an equal opportunity provider.

Lake County Health Department and Community Health Center

3010 Grand Avenue
Waukegan, IL 60085
Phone: (847) 377-8000
Web: health.lakecountyil.gov



*The Special Supplemental
Nutrition Program for*

Women, Infants and Children (WIC)





Breastfeeding is Your Baby's Head Start

All WIC moms are encouraged to breastfeed their babies. From pregnant women to new WIC moms, we make sure you get the help you need to care for your child.

WIC breastfeeding moms:

- Receive more foods than non-breastfeeding moms
- Receive WIC benefits longer than non-breastfeeding moms
- Get one-on-one support from peer counselors and breastfeeding counselors
- Receive breast pumps and other supplies to help with breastfeeding

For more information, visit
dhs.state.il.us and
health.lakecountyil.gov



What Foods Does WIC Provide?

- Dairy with calcium for strong bones and teeth
- Whole grains with iron for energy and folic acid for healthy growth
- Foods with fiber, vitamins and minerals for healthy heart and weight
- Protein foods for strong muscles and healthy skin
- Food to help your baby grow and develop

*“WIC helps keep us
active and eating
healthy!”*

- Maria, WIC Client

Who is Eligible?

You can participate in WIC if you:

- Have a family income within WIC guidelines
- and*
- Are pregnant
- or*
- Are breastfeeding a baby under 1 year of age
- or*
- Had a baby in the past 6 months
- or*
- Have children under 5 years of age, including those cared for by a single father, grandparent, foster parent, or guardian

Immigration and work status do not affect your ability to qualify. You are eligible for WIC while receiving SNAP (food stamps) and TANF (public aid).